

# **HELP FOR COMPULSIVE GAMBLERS**

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# Gamblers Anonymous

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# Professional Therapists

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**GAMBLERS ANONYMOUS  
HELPS THE COMPULSIVE  
GAMBLER IN FIVE  
SIGNIFICANT WAYS**

**THAT PROFESSIONALS ARE  
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## **IDENTIFICATION**

- A new member entering the Gamblers Anonymous fellowship for the first time will likely identify with other members by the similar shared thoughts, feelings and experiences.

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FIVE SIGNIFICANT WAYS THAT PROFESSIONALS ARE NOT ABLE**

**TO**

## **ACCEPTANCE**

- Gamblers Anonymous meetings are the catalyst to breaking the isolation and loneliness and allows the member to feel he/she is not alone with the problem and that others will understand them.

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**TO**

## **PRESSURE-RELIEF GROUP MEETING**

- The Pressure Relief Group Meeting Committee will show the member through abstinence and total honesty how one can achieve a less stressful lifestyle. The committee will address all pressures including financial, legal, employment and personal.

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## **THE TWELVE STEPS OF RECOVERY**

- These steps practiced one day at a time are the foundation of personal growth and recovery for the member.

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**TO**

## **PEER SUPPORT**

- Gamblers Anonymous offers peer support, sponsorship, telephone contacts between meetings by a member are another important peer support that is available to all members. A member can feel “at home” in any Gamblers Anonymous meeting.



**PROFESSIONAL THERAPISTS  
HELP COMPULSIVE  
GAMBLERS**

**IN WAYS THAT GAMBLERS  
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TO HELP**

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WAYS THAT GAMBLERS ANONYMOUS IS NOT ABLE TO HELP**

Interrupt family patterns that encourage addictive  
living

- Many psychotherapists are attuned to the family patterns that support the destructive life-style expressed in addictions like Compulsive Gambling. Family therapists are especially attuned to these issues and can help the whole family system stop their support for addictive patterns.

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Enrich the Compulsive Gamblers Experience  
in Gamblers Anonymous

- Psychotherapists attuned to the 12 steps regularly assist the recovering Compulsive Gambler in deepening their work on each step.

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Offer the Compulsive Gambler Hope That  
Change Is Possible

- Psychotherapy challenges the gambler to change and offers the hope that this is possible.

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Psychotherapy Offers a Safe Place

- There are ideas, feeling, thoughts, experiences in the lives of compulsive gamblers that are frequently so threatening that the protected environment of the psychotherapist becomes a safe haven for the compulsive gambler.

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The Knowledge and Training of a  
Psychotherapist

- The knowledge and training required to do psychotherapy well offers the compulsive gambler a rich mine of experience and information.

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Provide Specialized Intensive Treatment  
Programs

- Sometimes compulsive gamblers, early in their recovery, need intensive programs such as special outpatient and hospital programs.

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Professionals Make Available Drug and Other  
Therapies

- Some drug therapies are showing promise in helping compulsive gamblers maintain abstinence.